# Substance Abuse
# 25th EFPB Brief
# (EFPB 24-11)

## 21 September 2011

*"Keeping Faith"*

# Agenda

- Current substance abuse situation

- Recommendation to prevent substance abuse focusing on binge drinking, DUI prevention and safety concerns

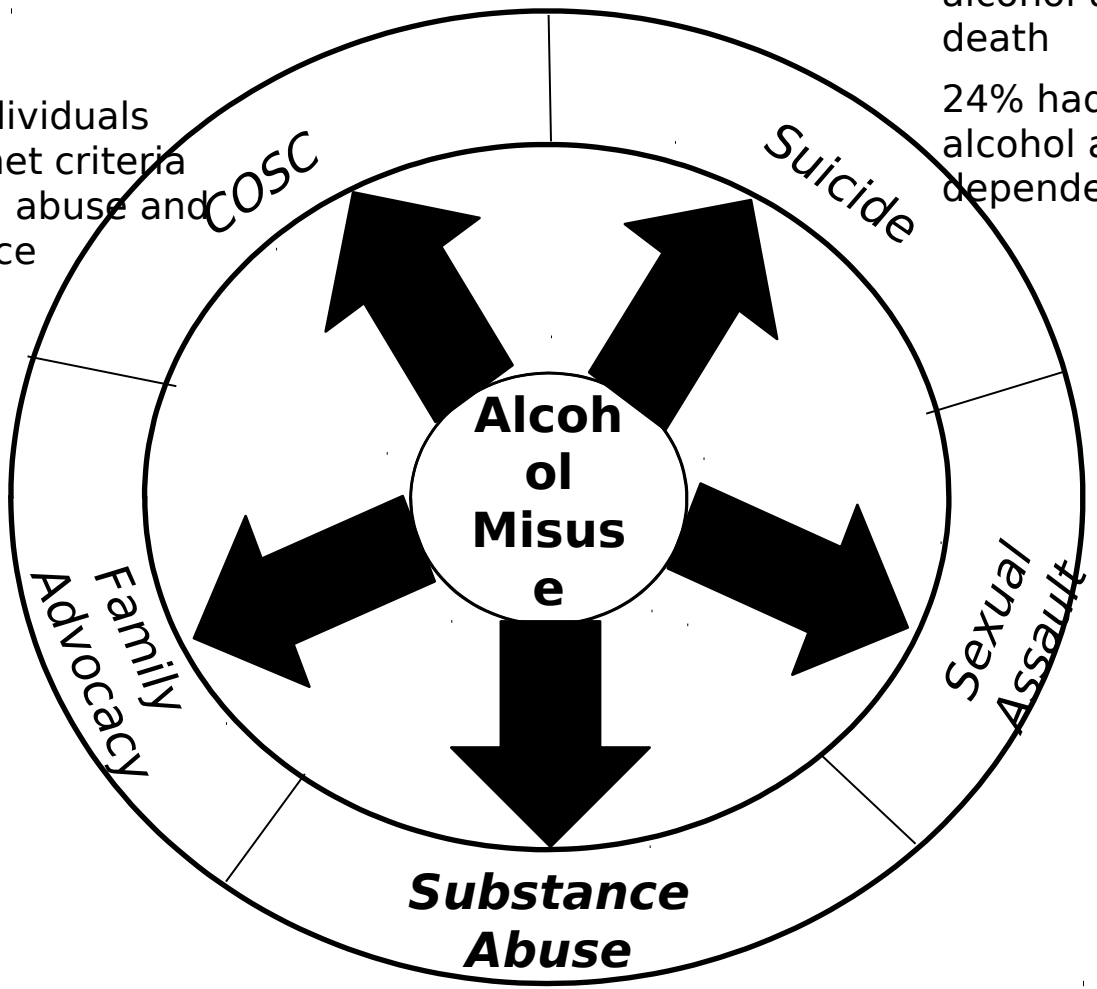
- Recommendations

# Alcohol "Hub of the Wheel"

18% had evidence of alcohol use at the time of death

24% had evidence of past alcohol abuse or dependence diagnosis

80% of individuals with TBI met criteria for alcohol abuse and dependence




30% of spouse abuse involved alcohol

Over 50% of victims and offenders of sexual assault were associated with alcohol



Data from internal Marine Corps Behavioral Health Program statistics: TBI data from RAND (2008)

# Survey of Health Related Behaviors

## Historic Trends in Binge Drinking

| | 1998 | 2002 | 2005 | 2008 |
|---|---|---|---|---|
| Army | 37.5 | 41.4 | 52.8 | 48.2 |
| Navy | 32.0 | 44.2 | 41.7 | 47.8 |
| Marine Corps | 45.4 | 54.2 | 53.2 | 57.6 |
| Air Force | 29.6 | 34.0 | 33.9 | 39.0 |

## Prevalence of Binge Drinking

| | Total | Males | Females |
|---|---|---|---|
| Army | 48.3 | 51.0 | 28.0 |
| Navy | 44.5 | 46.8 | 29.5 |
| Marine Corps | 57.3 | 58.9 | 32.0 |
| Air Force | 35.6 | 38.6 | 23.3 |
| Civilian | 40.6 | 42.9 | 23.8 |



Data from the DoD Survey of Health Related Behaviors Among Military Personnel, 1998-2008.

# Survey of Health Related Behaviors

Prevalence of Heavy Alcohol Use

| | Total | Males | Females |
|---|---|---|---|
| Army | 22.7 | 24.5 | 9.6 |
| Navy | 16.4 | 17.6 | 8.7 |
| Marine Corps | 29.0 | 30.1 | 11.1 |
| Air Force | 12.0 | 13.6 | 5.4 |
| Civilian | 13.6 | 14.7 | 5.5 |



Data from the DoD Survey of Health Related Behaviors Among Military Personnel, 1998-2008. Table 3.2.14

# Alcohol Dependence Among Marines

Alcohol Dependence

| | CY08 | CY09 | CY10* |
|---|---|---|---|
| Marine Corps | | | |
| New Cases | 1,720 | 1,710 | 856 |
| Rate of New Cases | 9.0 | 8.6 | 8.7 |
| % Pop Affected | 1.8 | 1.9 | 1.9 |

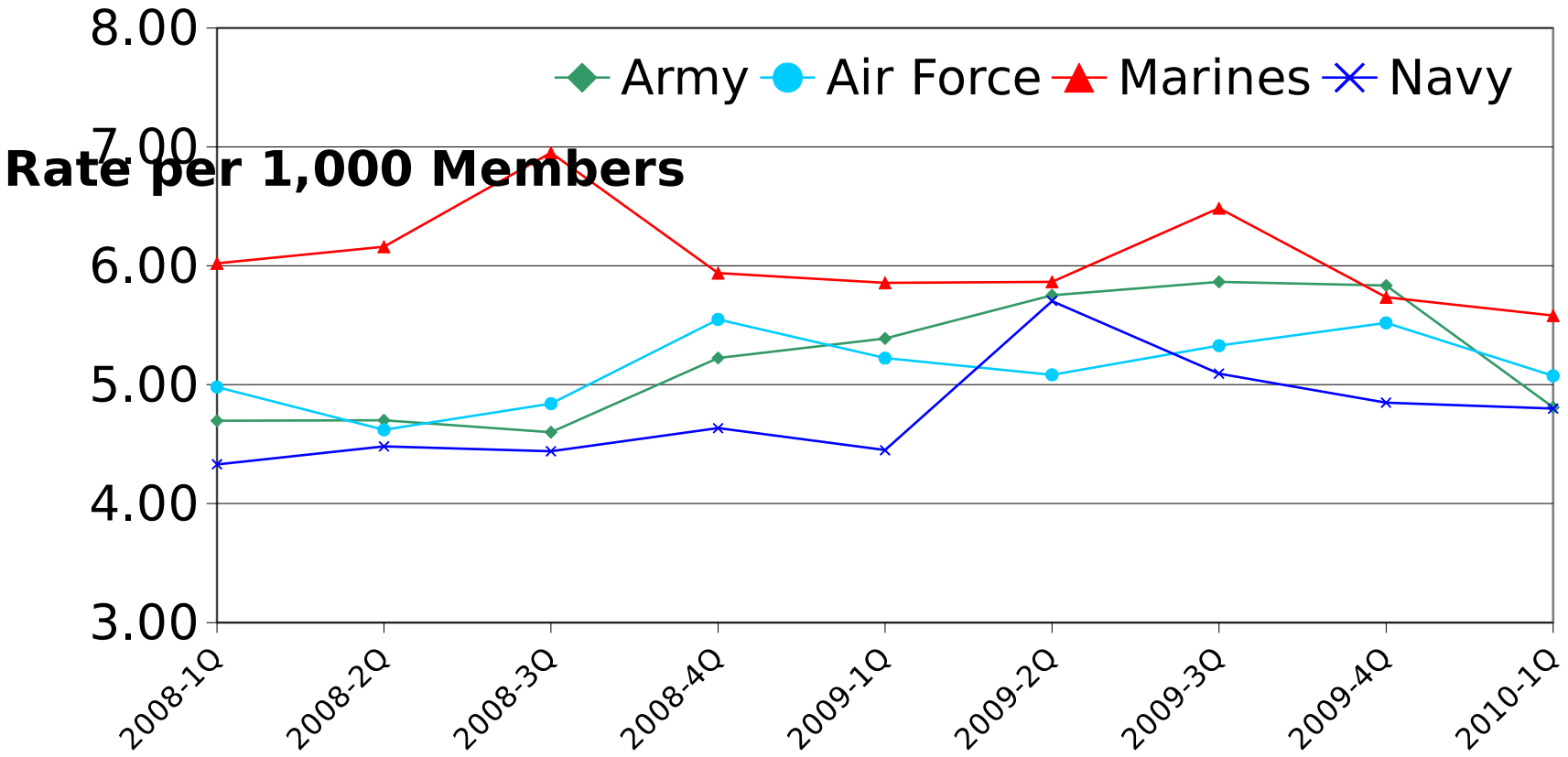
*First half of CY10



Data from: Medical Surveillance Monthly Report (MSMR), Armed Forces Health Surveillance Center

New cases per 1,00 persons per year

# Screening History






Data from the DoD Tone of the Force Report FY10

# Universities Experiencing Similar Issues:

- Colleges and Universities are very concerned about binge drinking
  - **Death:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.
  - **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol
  - **Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
  - **Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape
- College Presidents report:
  - A culture of dangerous, clandestine “binge-drinking”—often conducted off-campus—has developed
  - Alcohol education that mandates abstinence as the only legal option has not resulted in significant constructive behavioral change among students
  - Adults under 21 are deemed capable of voting, signing contracts, serving on juries and enlisting in the military, but are told they are not mature enough to have a beer
  - By choosing to use fake IDs, students make ethical compromises that erode respect for the law



Data from (Hingson et al., 2009).

# Alcohol Summary Slide

- Alcohol negatively impacts the Marine Corps
- Alcohol is the “common denominator” associated with negative behavior
- Outcomes across the spectrum of BH
- Need to re-focus across all program areas
  - Balance substance abuse efforts with Drug Demand Reduction
  - Utilize IG assessment results to make improvements

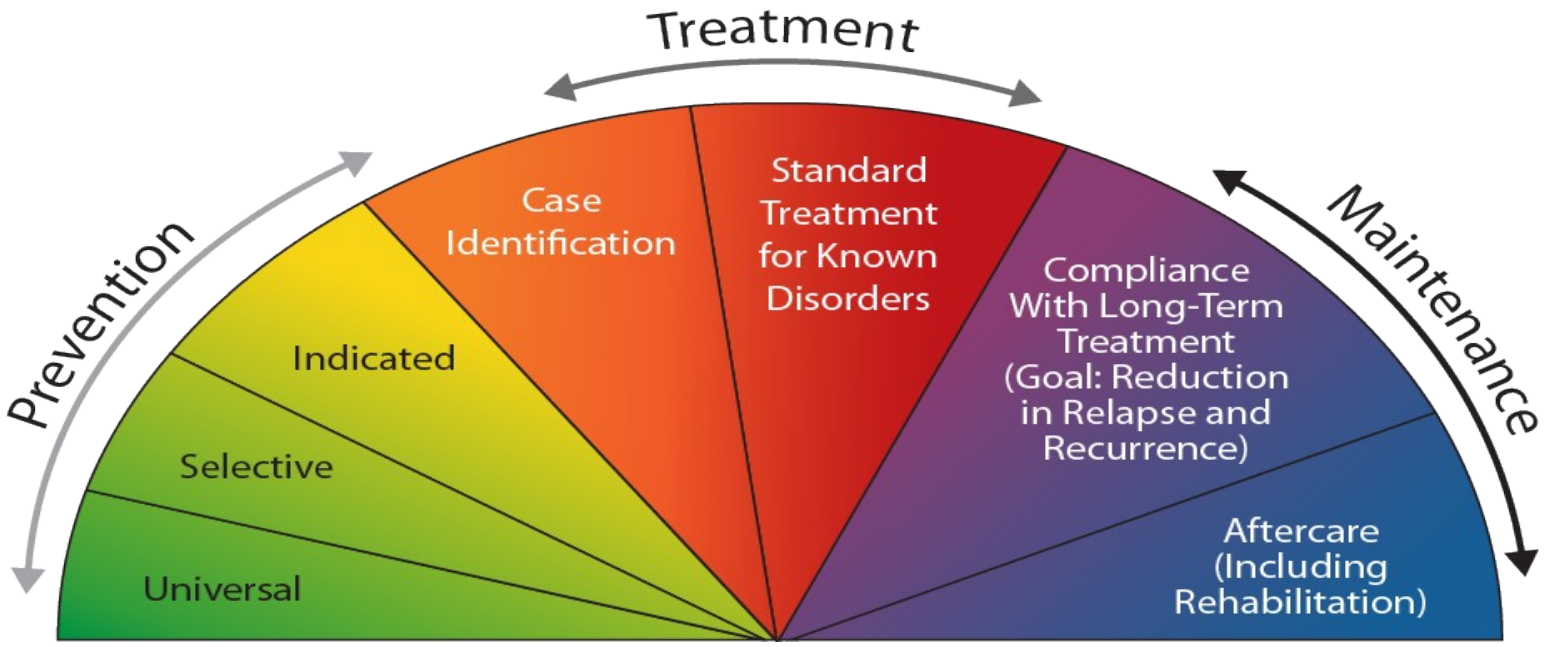
# Prevention Initiatives

- Initiatives designed to reduce DUI, Binge Drinking, ARIs, and injuries/ fatalities must:

  - support small unit leadership with NCOs being the key stakeholder and;
  - support the culture of Marines “taking care of their own” and;
  - utilize the Institute of Medicine (IOM) Framework: Universal, Selected, Indicated and ensure evidenced-based initiatives when appropriate

# Prevention Continuum

IOM:  An Evidence Based Framework....




STRESS CONTINUUM

| READY | REACTING | INJURED | ILL |
|---|---|---|---|

# Prevention Initiatives

| Current | Proposed |
| --- | --- |
| • Behavioral Health Universal Training | • "Drive Sober or Get Pulled Over" Campaign (Partner with the National Highway Traffic Safety Administration) |
| • "That Guy" Campaign (Partner with Safety Division) | • Confidential Alcohol Treatment and Education Pilot (CATEP) |
| • PRIME For Life (Indicated) | |

# Behavioral Health Universal Training

## Background:

A need exists to consolidate behavioral health training to reduce redundant information being provided to Marines with the goal of increasing awareness of resources, target common risk factors and improve bystander interventions

## Target Audience: (Universal)

All Marines

## Objectives:

1. Raise awareness of available resources
2. Improve Marines knowledge of warning signs and high-risk behaviors
3. Build competency of Marines to intervene when appropriate

# “That Guy” Campaign

## Background:

A DoD awareness campaign, designed to reduce binge drinking targeting occasional binge drinker vs. heavy drinker in need of treatment

## Target Audience: (Universal)

E1-E4, junior enlisted active duty males, ages 18-24 in all branches of service

## Objectives:

1. Raise awareness of negative consequences of binge drinking
2. Change attitudes about excessive drinking
3. Change behavior and reduce binge drinking rates among junior enlisted

# “Drive Sober or Get Pulled Over” Campaign

## Background:

This is a nationwide enforcement effort to crack down on impaired driving and reduce roadway fatalities
$14M campaign (highlighted during holidays) which targets young male drivers and motorcycle riders, who are the most common perpetrators of this deadly crime

## Target Audience: (Universal)

All Marines, civilians and their families

## Objectives:

1. Raise awareness of negative consequences of
2. Change attitudes about DUI/DWI
3. Change behavior, especially for the 18-34 yea

# PRIME for Life

## Target Audience: (Indicated)

Marines who receive early intervention at Substance Abuse Counseling Centers (post incident w/o substance abuse diagnosis)

## Objectives:

1. Reduce subsequent substance abuse issues
2. Challenge common beliefs and attitudes that directly contribute to high-risk substance abuse by these individuals

## Methodology:

- . Evidenced-based program utilizing persuasion instructors use a variety of delivery methods, including interactive presentation and small group discussion
- . Delivered by trained SACC personnel
- . Sixteen Hours of Instruction

# An Army Initiative

## Confidential Alcohol Treatment and Education Pilot (CATEP)

## Target Audience: (Indicated)

Marines who are reluctant to self refer for substance abuse problems

### Objectives:

1. Improve access to substance abuse assistance
2. Mitigate negative behaviors and outcomes concerning alcohol
3. Assist Marines before alcohol problems create additional issues with their personal readiness, health and/or family

## Methodology:

- Open SACC center on Saturdays
- Counselors can answer questions concerning alcohol and provide relevant information
- Confidential
- Command notification only for intensive treatment

# An Air Force Initiative

- Culture of Responsible Choices (CoRC) – prevention and awareness campaign emphasizes responsible alcohol use; and the prevention of underage drinking and DUI's
  - OO13 Campaign
  - Environmental Approaches (F.E. Warren Example)
    - Community Coalition
    - Community based media campaigns/efforts
    - Sent letters to local bars asking for policy compliance
    - Alternative activities (sports, midnight paintball)
  - Results
    - 74% decline in alcohol-related incidents
    - 81% fewer cases of underage drinking
    - 45% fewer DWI cases

# Recommendations

- Develop aggressive substance abuse campaign
  - Partner with “That Guy” Campaign
  - Partner with “Drive Sober or Get Pulled Over” Campaign
- Implement Universal Training
- Implement Prime for Life Program
- Pilot Confidential Alcohol Treatment and Education Pilot (CATEP)

# Backup

# Referral Sources for Screenings

| Referral Source | FY11 Cases | Percent |
|---|---|---|
| Civ Law Enf - Alcohol | 898 | 17.5 |
| Civ Law Enf - Drug | 31 | 0.6 |
| Cmd/Sup - Alcohol | 1,899 | 37.0 |
| Cmd/Sup - Drug | 474 | 9.2 |
| Medical - Alcohol | 270 | 5.3 |
| Medical - Drug | 38 | 0.7 |
| Mil Law Enf - Alcohol | 342 | 6.7 |
| Mil Law Enf - Drug | 135 | 2.6 |
| None/NA | 62 | 1.2 |
| Self - Alcohol | 365 | 7.1 |
| Self - Drug | 28 | 0.5 |
| Urinalysis - Drug | 589 | 11.5 |
| Total | 5,131 | 100 |

# Screening Recommendations

| Recommended Action | FY11 Cases | Percent |
|---|---|---|
| Command Level (Level 0) | 226 | 4.4 |
| Early Intervention (Impact) | 2,421 | 47.2 |
| Outpatient (Level I) | 715 | 13.9 |
| Intensive Outpatient (Level II) | 798 | 15.6 |
| Inpatient (Level III) | 376 | 7.3 |
| Medically Managed | 8 | 0.2 |
| RTD - No Further Action | 120 | 2.3 |
| RTD - No Problem | 40 | 0.8 |
| RTD - Not Amenable | 31 | 0.6 |
| Separation | 396 | 7.7 |
| Total | 5,131 | 100 |

# Referral Sources for Treatments

| Referral Source | FY11 Cases | Percent |
|---|---|---|
| Command/Supervisor | 3,317 | 69.5 |
| Law Enforcement | 645 | 13.5 |
| Medical | 196 | 4.1 |
| Other Program | 13 | 0.3 |
| Self | 313 | 6.6 |
| Urinalysis | 287 | 6.0 |
| Total | 4,771 | 100 |

# Screening & Treatment History

| | 2-Year Average | | FY11 Forecast | |
|---|---|---|---|---|
| | Alcohol | Drug | Alcohol | Drug |
| Screenings | 5,379 | 1,554 | 4,632 | 1,607 |
| Treatments | 4,524 | 761 | 4,594 | 1,110 |

| | 2-Year Average | FY11 Forecast |
|---|---|---|
| DUIs | 1,309 | 1,147 |

# Screening & Treatment History

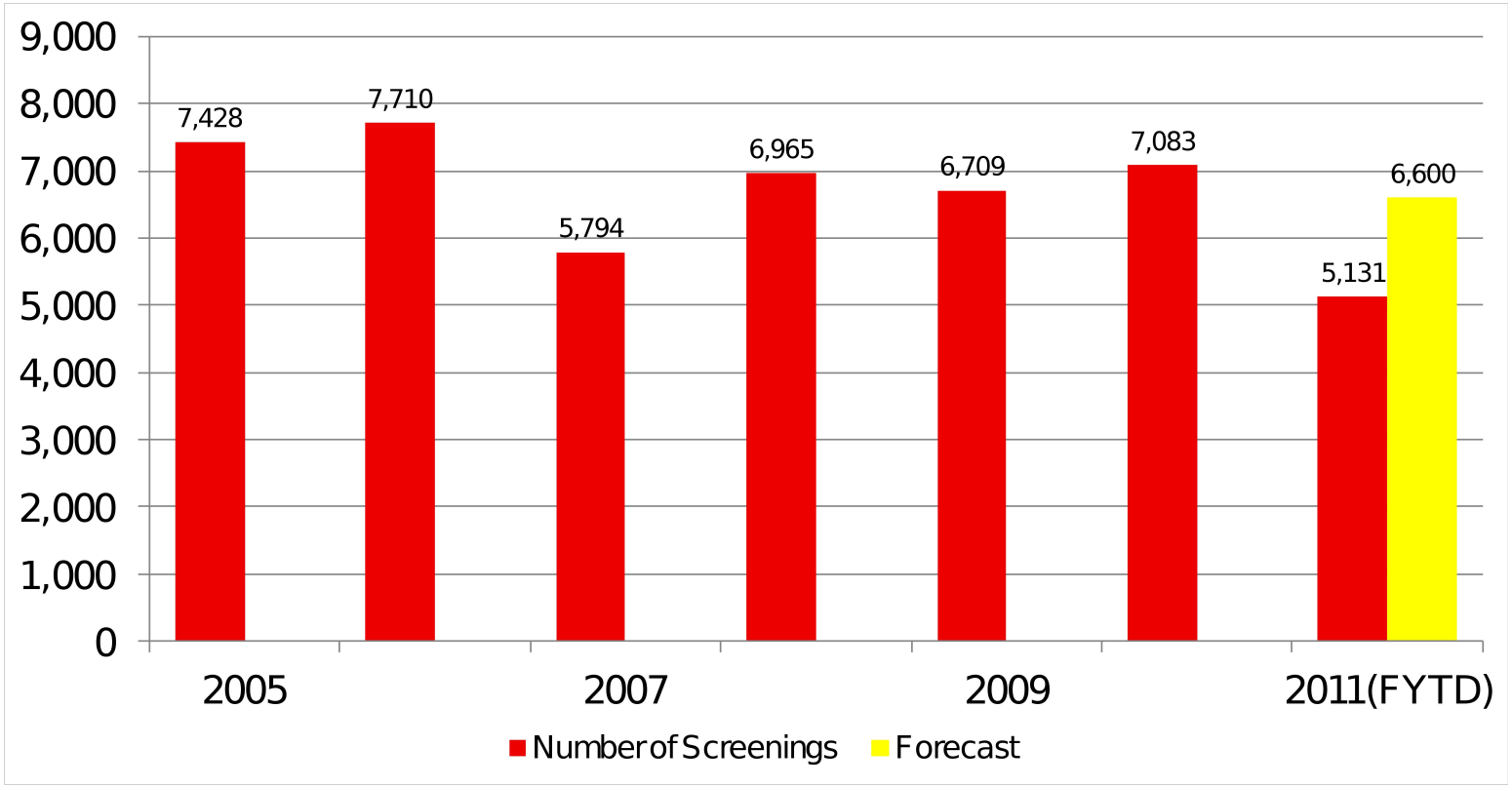
| | 6-Year Average | FY11 Forecast |
|---|---|---|
| Screenings | 6,983 | 6,239 |
| Treatments | 5,385 | 5,704 |

| | 6-Year Average | FY11 Forecast |
|---|---|---|
| DUIs | 1,374 | 1,147 |

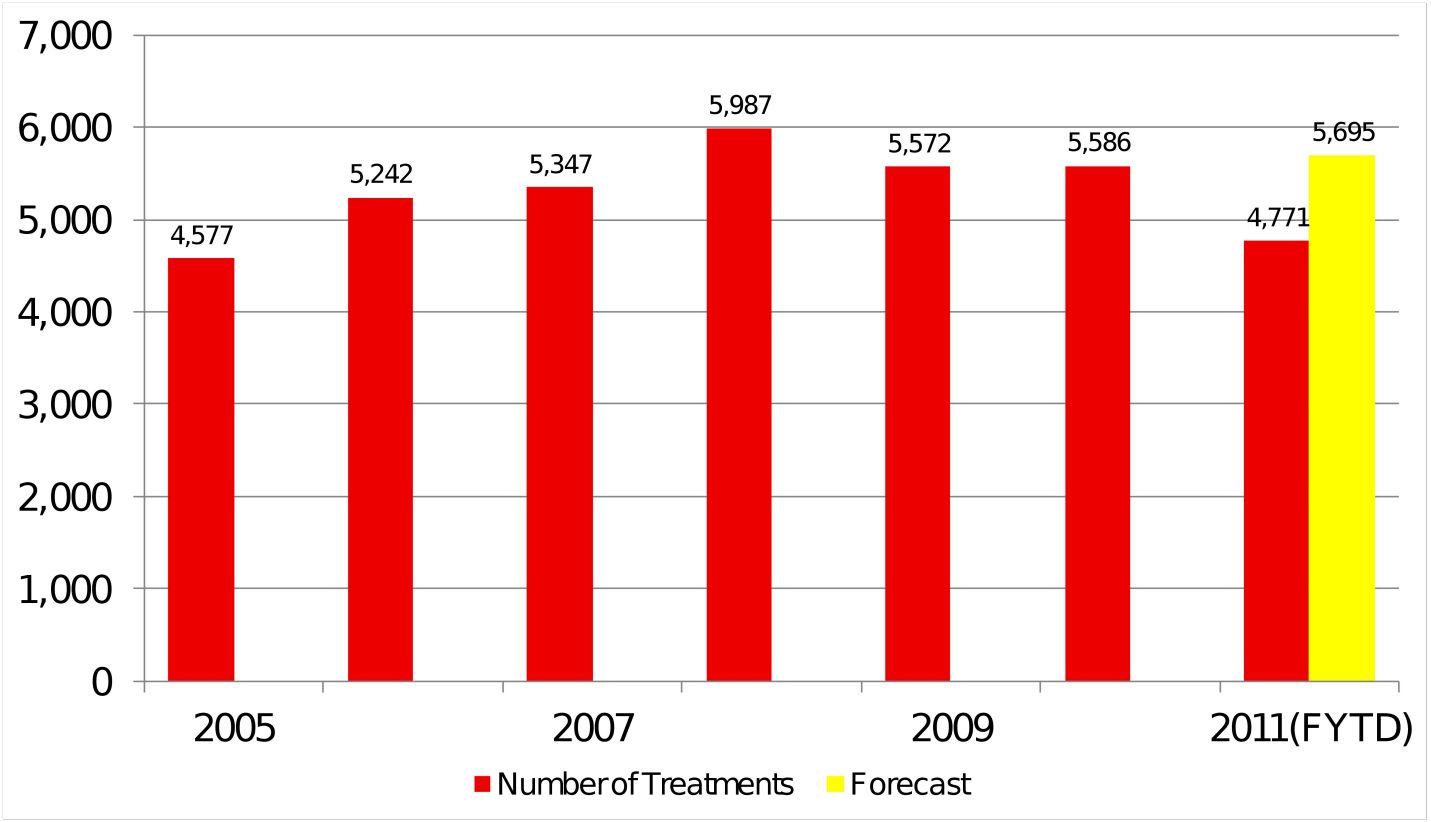
# Treatments Provided by Type

| Treatment Type | FY 11 Cases | Percent |
|---|---|---|
| Early Intervention (Impact) | 2,441 | 51.2 |
| Outpatient (Level I) | 797 | 16.7 |
| Intensive Outpatient (Level II) | 896 | 18.8 |
| Residential (Level III) | 637 | 13.4 |
| Total | 4,771 | 100 |

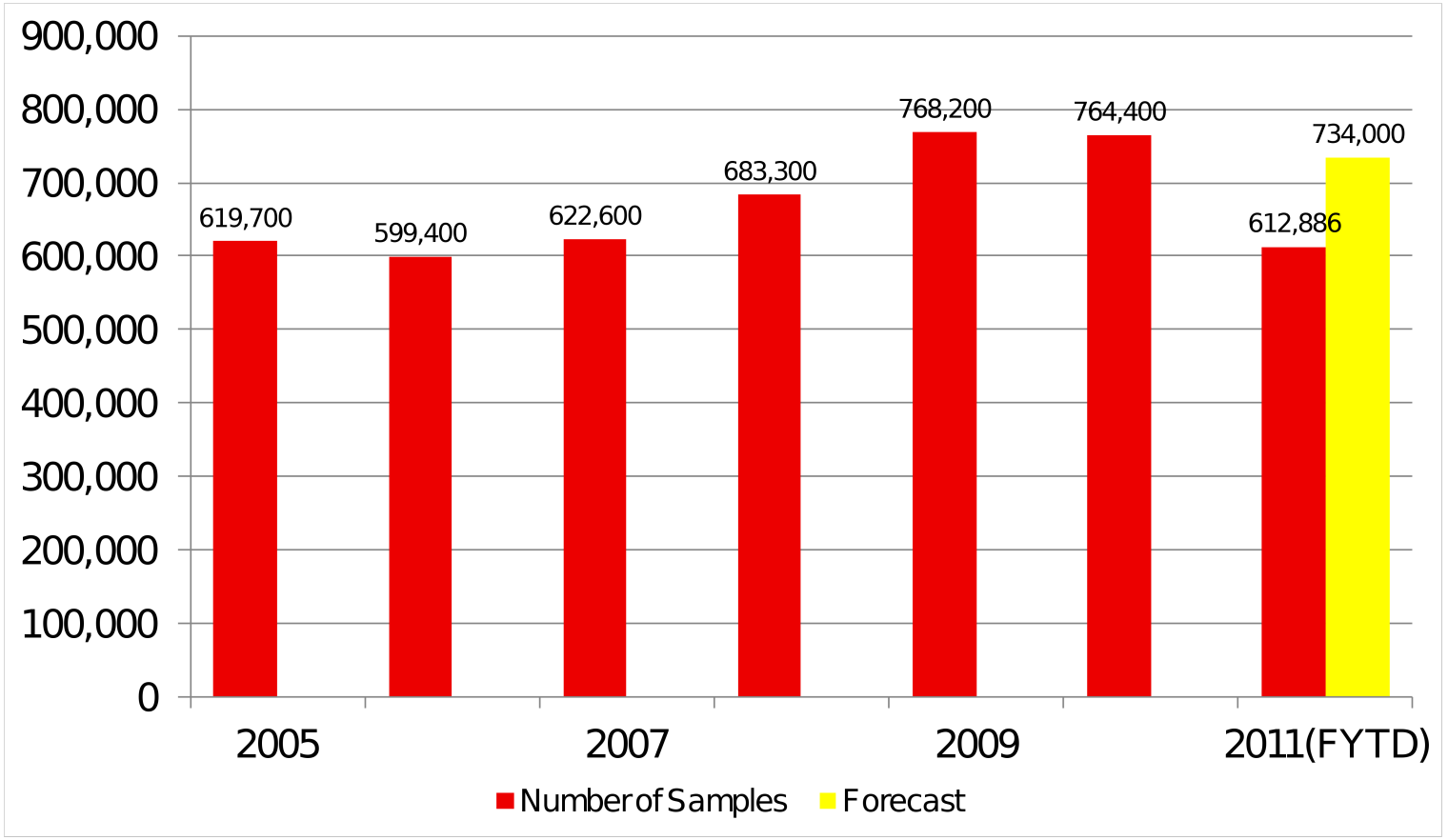
# Historical Comparison - Screenings



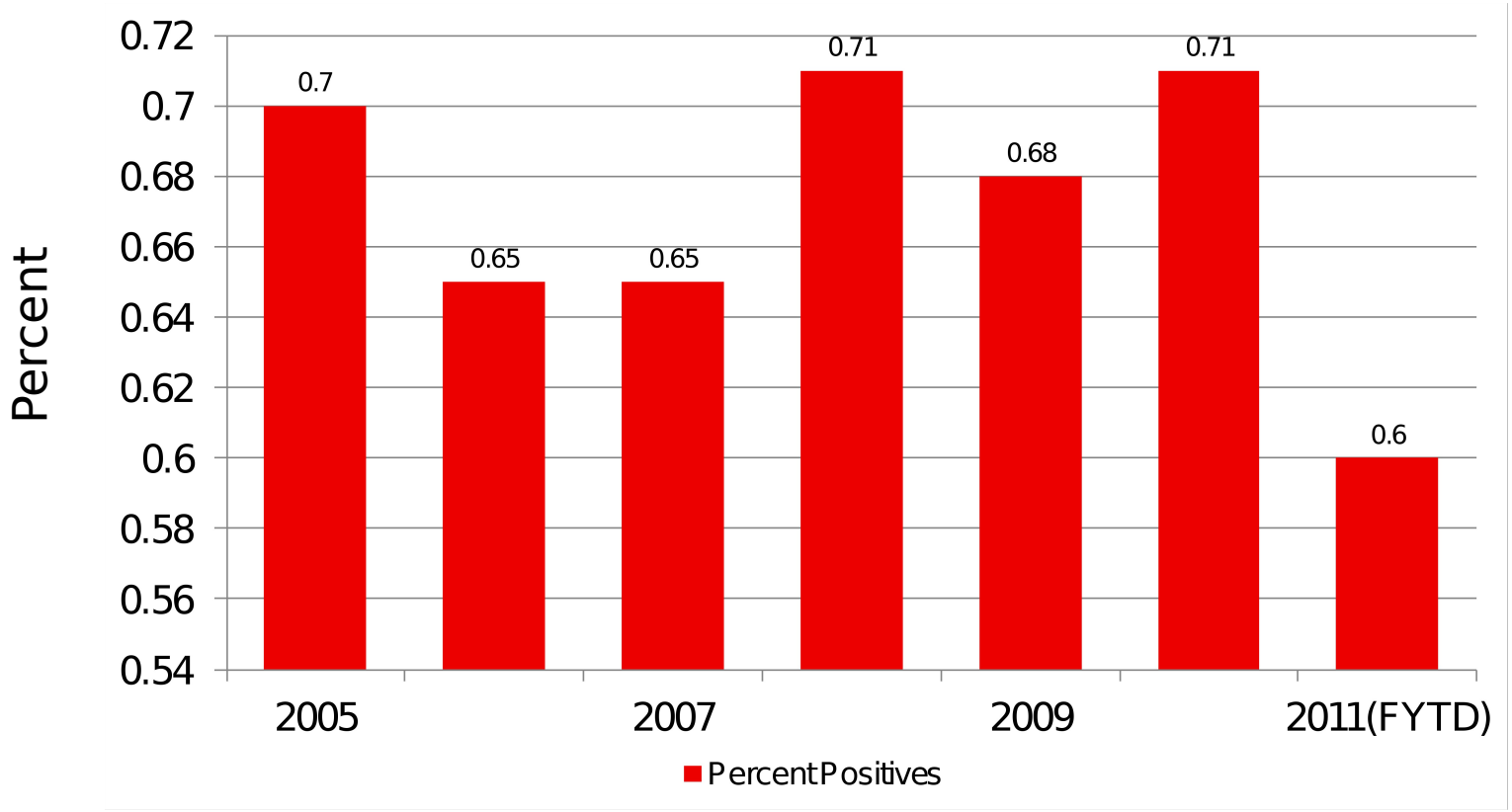
# Historical Comparison - Treatments



# Historical FY Comparison - Drug Testing

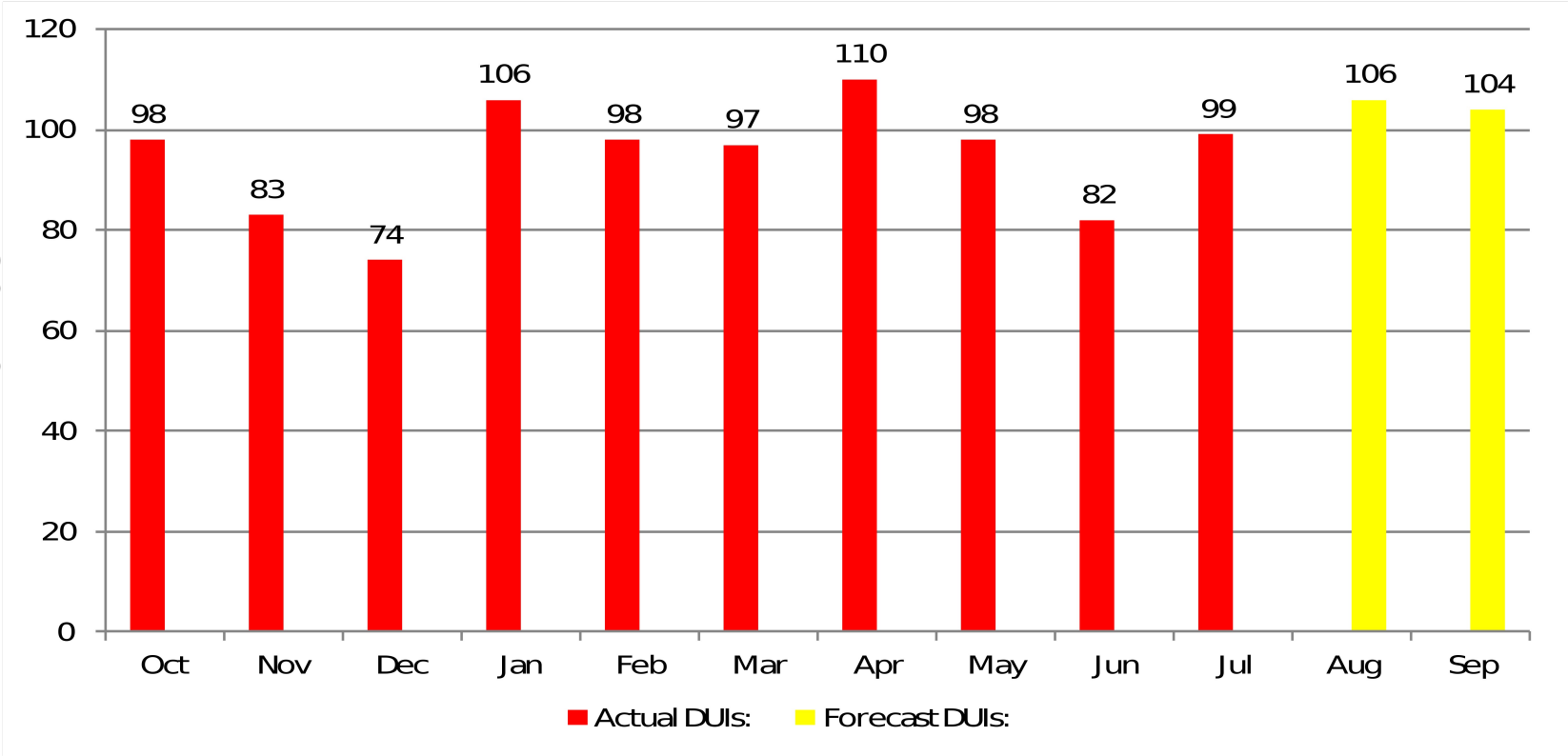


# Historical FY Comparison - Drug Positives



# FY11 Actual and Forecast DUIs

Actual (FYTD) = **945** Forecast = **1,147**



# DUIs and Screenings